

Walk to Health 2015 Sponsors

Week 2 - Why Walking is Good for Me

- Regular walking gives you more energy and helps you to relax and feel less tense.
- People who walk report feeling more in control, more alert, and more positive.
- Walking improves sleep.
- Regular walking can cut your risk of heart disease by one half and benefits occur immediately.
- Walking helps you lose extra pounds and it helps you stay at your desired weight.
- Walking helps control appetite.



Co-Sponsor



Our recommendations:

- Walk at 30 minutes, 5 times a week.
- Begin with just 10 minutes and move up to 20 and 30 minutes when you are ready.
- Walk a moderate intensity, that is, as if you are going somewhere.
- Walk an hour a day for weight loss.



"I can eat as much as I want. Tail wagging counts as cardio!"

Tracking is measured in your choice of either minutes or steps .